

Almost 40 years ago, we came into contact with Anthroposophy through our dear relatives. The foundation of values and philosophy of life made a strong impression and has followed us since then. In the meeting with Ayurveda, Kathleen and Nadja (daughter/intern. Cert. Kundaliniyog and meditation teacher) experienced through Kundaliniyogan on a retreat more than 13 years ago, according to our way of interpreting the relationship between the philosophies. Our first practical meeting with Ayurveda was through health advice on site in Söderköping and later in Stockholm also via consultation with Ayurvedic physician Kristofer Edlund, <http://www.ganges.se/>. An amazing experience that made our interest in trying the whole concept in place in India - the place of Ayurvedic origin and practice - made a wish which we really did. For many years now, family travel to Kerala, India and Rajah Healthy Acres, <http://ayurvedichospital.com/>, has resulted in a life of Ayurveda ways! For each trip, our strength and balance grow in a profoundly healthy way, and the combination of our own yoga practice and yoga in place gives a magnificent experience of holistic insight into life!